

GVHC Today

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In this edition of GVHC TODAY, we keep you connected with what is happening throughout GVHC in support of our patients and communities we serve. Did you know that 2012 is Golden Valley Health Center's 40th anniversary? GVHC was first established in 1972 when Merced County's Migrant Health Services project was implemented at Merced General Hospital.

CEO Corner

Read here to learn about what GVHC will be going through in 2012. Also congratulations to Maria Moreno, Gurjeet Sandhu, and Elizabeth Morrison.

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Need Vitamin C?

Did you know that oranges are a good source of vitamin C and A? California mandarin oranges are in season. Read here to learn more.

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Survey Results

Thank you to everyone who took the time to fill out the employee survey sent out regarding our Employee Dinner on December 10th. Read to learn the results.

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Homeless Memorial

This article was featured in the Modesto Bee regarding the Homeless Memorial on December 21st. Our staff from the Corner of Hope clinic did a great job in collecting donations for those in need.

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What is TPP?

Have you heard of the Teen Pregnancy Prevention Program here at Golden Valley Health Centers? Read here to learn more about this education and intervention program.

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Nutrition & Diabetes Classes!

Read here to learn about great classes on diabetes self-management and nutrition offered at GVHC.

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Medical Assistants on the Move Towards Better Quality Care

By Maria Garnica

Foot exams are a required annual screening for patients with diabetes; they help the patients to better manage their diabetes and overall health. A month ago the medical assistants at the GVHC clinic in Planada were trained by our podiatrist Dr. John Abordo on how to perform foot exams. Prior to this training, getting all of the foot exams completed for patients was a real challenge at this clinic since there is only one part-time health educator on site, Ernestina V. Chavez, (better known as Tina). Patients would sometimes come in after Tina was gone and would leave without getting their foot exam done. Some of our patients come in only once a year so it's imperative that we get them in and get them checked, that way they don't fall through the cracks and we are better able to keep track of their progress. This led to the idea of medical assistants getting trained.

The medical assistants were all very excited to learn, and once their training was completed the entire team worked really well together to make this project come to fruition. Tina would observe the medical assistants as they performed their first foot exams

in case they had questions and to offer support; the providers would also help in doing this. "It truly has been a positive experience to have the MA's trained in foot exam competency" Tina said. What exactly has led to such a successful outcome? Aside from having a great team of medical assistants, support from leadership has been the key to this success. Providers, front office staff, and the site nurse have been substantially influential. Since they are convinced, supportive, and on board with the project, the medical assistants have been as well; they work as a cohesive team.

It is no wonder why Planada took the lead in the last Diabetes Quality Report that was done site by site for the month of October. Of the 258 patients, 72.68% of them had a completed HbA1C and foot exam for that year. As mentioned by Tina, it is support for the competency project and cohesion between the team that has allowed them to achieve this success

Right: At the Planada clinic Lina Lua, MA conducts a foot exam for a patient.



CEO Corner

By Mike Sullivan



2012 will mark memorable changes and honors for Golden Valley Health Centers!

Maria Moreno, Medical Assistant at the Florida Suites, was honored as GVHC Employee of the Year (EOY) for 2011. Along with 11 other Employees of the Quarter, Maria was selected by the Board and presented her award at our annual Employee Appreciation dinner in Turlock. Maria receives a trip to Washington DC in March with a family member to attend the National Association of Community Health Centers Policy and Issues forum. Congratulations to all of you!

On April 5, we will celebrate the Grand Opening for our new Senior Health & Wellness Center. We intend to be the best healthcare provider for seniors in the Central Valley. While we will continue with the great quality we are known for, our Senior Health & Wellness Center will add focus on prevention and wellness care through case management, nutrition classes, foot care, spiritual counseling, exercise classes, smoking cessation, behavioral health, dental care and similar services. Collaboration with community agencies serving seniors to coordinate care will be a priority. Last year, we served nearly 5,000 patients who had Medicare insurance. Two thirds were also covered with Medi-Cal. This number will only get larger in the years ahead. Serving seniors offers great challenges and wonderful opportunities.

GVHC employees Gurjeet Sandhu and Elizabeth Morrison have been selected to attend Leadership academies sponsored by the Blue Shield Foundation and the California Healthcare Foundation respectively. This is an honor for Gurjeet and Elizabeth as well as GVHC.

Finally, did you know that GVHC served over 100,000 patients last year? This is an amazing feat and makes us one of the largest Health Centers in the country. More importantly, it represents a caring staff of 700 thoughtfully serving the underserved in Merced and Stanislaus counties each and every day.



Oranges

Mandarins are an excellent source of vitamin C and vitamin A, fiber, folate and potassium.

In 2005, about 68% of the nation's total citrus crop was processed (mainly for juice), but more than half of California's citrus crop was sold as fresh. California mandarin oranges are available from mid-November to January leading to their nickname as "Christmas Oranges". California leads national production of fresh citrus and ranks second (behind Florida) in citrus production. Leading counties of mandarin production are Tulare, Riverside, San Diego, Imperial and Ventura.

Buying and Storing Tips:

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat)
- Store in a cool dark spot for a few days
- Store in refrigerator to extend shelf life up to 2 weeks.

Helpful Hint:

- Mandarin oranges that have a deep orange-red color are called tangerines. Other types of mandarins include satsumas, clementines and tangelos.

Serving Suggestions

- Dip mandarin segments into low fat yogurt.
- Add mandarin segments to green salads or use its juice to make salad dressings.
- Squeeze mandarin juice over chicken and fish.

Stay Active During the Winter Months

- Put on a sweatshirt and go for a hike in the woods or a stroll around the neighborhood.
- On rainy days, play your favorite music and dance around the house!

For more info go to:
www.harvestofthemonth.com
 Or www.nutritiondata.com



Employee Dinner Survey Results

By Amanda Day

GVHC's Annual Employee Appreciation Dinner was held on December 10, 2011. Almost 600 people attended including GVHC staff, their dates, and GVHC boardmembers. It was meant to be a night for everyone to socialize and enjoy seeing their fellow staff members from all of our 26 sites. There were a few problems with the dinner service and the program. We apologize for this but hope that everyone still had a good time.

We sent out a survey to get staff feedback on what we can improve on for next year's 40th Anniversary Celebration. Out of the 320 employees who RSVP'd for the event 183 of you filled out the survey and 56 of you who did not attend also filled out our survey. We appreciate all of your feedback!

Here are some of the results (for a full listing of the results go to the GVHC Intranet, Administration Department, the GVHC Employee Appreciation library is listed on the left under Documents).

Which Location would you prefer for the employee dinner?		
Answer Options	Response Percent	Response Count
Modesto Center Plaza-Modesto, CA	38.8%	92
Larsa Banquet Hall-Turlock, CA (Location Only, will be catered by an Outside company)	30.8%	73
No Preference	21.5%	51
Other Location (please specify)	8.9%	21
answered question		237
skipped question		2

Which day would you prefer for the employee Dinner?		
Answer Options	Response Percent	Response Count
Friday	18.3%	42
Saturday	68.6%	157
No preference	13.1%	30
other (please specify)		4
answered question		229
skipped question		10

Homeless Memorial Day

Article excerpt taken from the Modesto Bee on 12/21/11
By Kevin Valine

Wednesday, December 21st, 2011 18 local men and women who died in the past 12 months were remembered at the sixth annual candlelight vigil for the homeless. The event was part of National Homeless Persons' Memorial Day and was held at The Salvation Army's homeless shelter on the edge of downtown Modesto. The vigil was organized by the army; Stanislaus County Behavioral Health and Recovery Services; and Corner of Hope, a Golden Valley Health Centers' clinic for the homeless.

The causes of death for the 18 reflect struggles with drugs and alcohol, personal demons, and the dangers of living on the streets. Four homeless people died of acute alcohol or drug intoxication, four were homicide victims, two were struck and killed by vehicles, two committed suicide and one homeless man froze to death in a Modesto alley last winter. Only five died of natural causes.

The vigil also honors the homeless who have survived the streets and those who help them. "You need to understand your situation," said Bruce, one of the 95 homeless men and women who checked into the shelter Wednesday night. Bruce said after 5½ years on the streets, he's learned to be careful about who he trusts and not to make the same mistake twice.

Eighteen deaths is high, said Katherine Kempinski, Corner of Hope's patient care coordinator-outreach representative and one of the vigil organizers. She recalls about a dozen deaths last year and about 10 two years ago. But she said these numbers reflect only the accounting done by the agencies that serve the homeless. The true number of deaths could be higher, she said.

More than 50 people gathered in the homeless shelter's chapel for the vigil. As Whitney Houston's "I Will Always Love You" played softly on the sound system, the name of each homeless person who had died was read aloud and a candle lit.

Kempinski said far too often, the homeless are robbed of their humanity; the vigil is one way to give it back to them. "They are so disrespected," she said. "They don't get acknowledged as human beings. Yes, they choose to do the things they do. But the way I look at it that could be my dad, my mom, my sister"

Read more here: <http://www.modbee.com/2011/12/21/1996854/modesto-area-residents-remember.html#storylink=cpy>

Right: GVHC donated coats, socks, blankets, and hats to this event. The GVHC Corner of Hope staff helped put together care packages with donations from GVHC's Dental Department. (Photo by Jay Williamson, GVHC PA)



Teen Pregnancy Prevention Program



By Angelica Carranza

Golden Valley Health Centers Teen Pregnancy Prevention Program (TPP) implementation is right around the corner! TPP program managers and staff have worked hard this past year to develop a program that will support Golden Valley Health Centers focus and mission. The TPP program addresses teen pregnancy by utilizing a clinic based intervention intended to reduce pregnancy and sexually transmitted infections among adolescent females between the ages of 13 to 19. The intervention consists of three main components. Component one includes program introduction, video, and stage of change determination. Component two, the educational portion, incorporates eight topic areas focused on education, skills, and self efficacy. The final component assesses the patient progress through follow up sessions at one, three, six, and 12 month intervals.

This program has increased opportunities in areas of teen education and outreach. Sites such as West Modesto, Merced Suites, and Florida Women's have new health educators who will focus their time and efforts on implementation of TPP, as well as reproductive health education/ outreach. Additional efforts will consist of encouraging adolescent patients who have not received a well child exam to schedule appointment with their respective primary care physician, thus creating an opportunity to engage female teens in the TPP program.

What about other sites you may ask? Well, all health educators have received the necessary training to implement TPP program in the various Golden Valley Health Center sites. TPP training consisted of foundational skills in the areas of communication, family planning, curriculum content, and observational learning. Onsite support and guidance will be incorporated throughout program implementation.

During the next month TPP Program Manager Angelica Carranza will be conducting on site presentations which will provide more detailed information of program recruitment and referral process. As many other services available at Golden Valley, this program will require a team approach. Every staff member has an opportunity to impact teens in a positive way, help us by referring eligible female patients to a health educator.

For questions or more information feel free to contact: Angelica Carranza at (209) 631- 1667.

Diabetes Self-Management Classes are here!

On January 18, 2012, we will be starting our diabetes management classes that will take place once a week at the Merced Suites. The classes will alternate between English and Spanish on a weekly basis each month. PARTICIPANTS CAN SIGN UP EITHER AT THE RECEPTION DESK OR BY CALLING 1-866-682-4842. Encourage patients to sign up!

What should you or your patients expect?

The classes are formatted to help patients with diabetes gain a better understanding about diabetes. Participants will have an opportunity to talk about their diabetes, how they feel toward it, how it has affected their lives, and how to better take control of it so that they can live a long and healthy life.

Activities will include:

- Foot Exams PHQ-9 Screens
- Lab Requisitions
- Referrals (ex. retinal screens, behavioral health services, podiatry, etc.)

Each class will have a one hour discussion on one of the following topics:

- What is Diabetes and Making Healthy Changes
- Healthy Eating and Home Blood Glucose Monitoring

The sessions are intended to be interactive and invite patient discussion around each topic being presented. Participants will have an opportunity to talk freely about their condition and how it has affected their lives. Plans for expansion to other GVHC sites are slated for 2012.

Nutrition Classes Starting for Patients and the Community!

Please help spread the word!

The UC Cooperative Extension (UCCE) in collaboration with GVHC will be starting nutrition classes for all of the Merced community in both English and Spanish on a weekly basis.

Participants will:

- Learn about nutrition by being presented with a different topic each week.
- Be given food demonstrations and recipes to implement in their diet.
- Be awarded a certificate upon completion of the classes.



English classes will be every Thursday starting January 19th and Spanish classes will be every Monday starting January 23rd in the Merced Classroom from 5:30 p.m.-6:30 p.m.

Again, please make sure to mention these classes to patients and community members!

GVHC TODAY Staff

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Please contact Amanda Day at aday@gvhc.org for comments.

